

Qualicum Beach SENIORS ACTIVITIES CENTRE

NEWSLETTER

FEBRUARY 2026 For the young at heart

703 Memorial Avenue
Qualicum Beach BC

Monday to Friday
9:00 am to 3:30 pm

250-752-0420

VOLUME 29 | ISSUE 2



Rob's Notes

I would like to thank the member who made a generous donation; it is much appreciated! Also it should be noted that we have removed the puzzle table, we have added much needed space to the dining room. Puzzles are still available in the library to sign out to enjoy at home. Speaking of the kitchen, at this time of year when it is cold outside nothing is better than heading down to the Seniors Centre for a warm lunch or soup and sandwich and enjoying the company of other members.



A SINCERE THANK YOU

Recently, the Qualicum Beach Seniors' Centre received an anonymous donation of \$8,000 from one of our members. This incredibly generous gift was donated by a life-time resident of Qualicum Beach who wishes to show appreciation and support of the Centre and in particular, its volunteers who contribute their time to provide programs and services for the benefit our seniors' community.

A huge thank you from all of us at the Centre. We truly appreciate your generosity and support.

“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.”



Margot Graham turned a very well-seasoned 89 on Tuesday, 27 January, and on Wednesday she celebrated by sharing her birthday with friends at the centre. The room was full of grins as “Happy Birthday” was sung (with varying degrees of enthusiasm and pitch), flowers were presented, candles were blown out with impressive gusto, and berry crisp was enthusiastically devoured. A very good time was had by all—no one left unsatisfied.

Special thanks go to Bryon Fischer and one mysterious donor (anonymous accomplice) for an absolutely outstanding berry crisp that had everyone licking their lips and asking for seconds, along with a bouquet of flowers fit for the birthday queen herself. Crumbs were everywhere, dignity slightly less so—and Margot wouldn't have had it any other way.



SENIORS CENTRE Activities



SUNDAY

Duplicate Bridge 1:00 - 4:00 pm
\$2 per session

Wolfgang Dost 250-594-4513 wolf.dost@yahoo.ca

Open Mic – 1st and 3rd Sundays
6:30 - 8:30 pm

Bill Wilson 250-752-8542 laveer34@gmail.com

MONDAY

Knitting/Crochet for MANNA

9:30 - 11:30 am

Joy Strobl 250-594-4043 joystrobl@gmail.com

Yoga 9:30 - 10:30 am

Chair Yoga 11:00 am - 12 noon

\$8 per session

Jane Loney 250-228-1157

janeloney@hotmail.com

Membership Office Time

11:30 - 3:00 pm

Anne Sharp 250-752-9771

sharp44@shaw.ca

QB Ukulele Band 12:30 - 2:30 pm

Catherine Khan 250-752-9082

mckhan2@shaw.ca

Beginner Ukulele 2:30 - 3:30 pm

Henk Verkerk 250-954-9484

hcverkerkis@gmail.com

Line Dance I 3:00 - 4:00 pm

Line Dance II 4:00 - 5:00 pm

Ballroom Dance Practice

5:00 - 6:00 pm

Judy Palipowski 250-752-6837

judypalipowski@gmail.com

TUESDAY

Fun Bridge 9:00 - 12 noon

Al Gagnon 250-586-2500

algagnon006@gmail.com

Henk's Practice Group

10:00 am - 12 noon

Henk Verkerk 250-954-9484

hcverkerkis@gmail.com

Whist 12:30 - 3:00 pm

Sally Jagger 250-752-3556

sallyajagger@gmail.com

TUESDAY continued

American Mahjong

12:30 - 3:00 pm

Sonya Miller 250-752-5737 miller206@shaw.ca

Functional Movement Class

1:30 - 2:30 pm

Jane Loney 250-228-3349 janeloney@hotmail

Splatters Painting Art Class

3:00 - 4:30 pm

Mike Sherlock 604-815-7711

mshlockqb@gmail.com

Rambler's Practice 4:45 - 6:15 pm

Colin Craig 250-228-3349

WEDNESDAY

Hatha Yoga 9:45 - 11:00 am

\$8 per session

Bonnie Evoy 250-248-7691

tangledanddark@hotmail.com

Dominoes 10:00 am - 12 noon

Pauline Childs 250-752-2440

dave7522440@gmail.com

Beginning / Elementary Spanish

11:30 am - 12:30 pm

\$2 per session

Elena Ortiz 250-752-8803

elenaortiz23@yahoo.es

Chair Yoga 1:00 - 2:00 pm

\$8 per session

Jane Loney 250-228-1157

janeloney@hotmail.com

Book Club 2:00 - 3:00 pm

First Wednesday of the month

Gail Smith 905-808-4585

xgailsmith@gmail.com

Guitar with Chaz 2:30 - 3:45 pm

Chaz Booth 250-240-0465

chazentertains@gmail.com

QWEST Weigh-in 3:15 - 5:00 pm

Elaine MacDougall 250-594-3604 repac5@shaw.ca

Beginner Line Dance

5:30 - 6:30 pm

Dance Practice 7:00 - 9:30 pm

Judy Palipowski 250-752-6837

judypalipowski@gmail.com

THURSDAY

Darts 10:00 am - 12:15 pm

Bernie Brockway 250-757-2330

berniebrockway82@msn.com

Drop-in Bridge 12:30 - 3:00 pm

Donna Roberts 250-228-2788 robbos@telus.net

Technology Tutor 1:30 - 3:30 pm

Brian Collicott 250-947-8258

Or book your own appt: tlc@sd69.bc.ca

Line Dancing 4:00 - 5:00 pm

West Coast Swing 5:00 - 6:30 pm

Judy Palipowski 250-752-6837

judypalipowski@gmail.com

A Cappella Choir 7:00 - 9:30 pm

Marion Clark 250-468-9280

treblemagic19@gmail.com

FRIDAY

Ukulele Friday 10:00 am - 12 noon

Thuy Bui 250-607-8448

linhthuyca2018ca@gmail.com

Classical Guitar 10:00 am - 12 noon

Cathy MacFarlane 250-594-2260

fiona3@shaw.ca

Mahjong 1:00 - 3:00 pm

Angie Bettam 250-937-1862

angiebettam@gmail.com

Art Group 1:00 - 3:00 pm

Richard Waterfall 613-791-6425

rgwaterfall@gmail.com

SATURDAY

Hatha Yoga with Richard

9:45 - 11:00 am \$8 per session

Anne Sharp 250-750-9771 sharp44@shaw.ca

Qi Gong 11:15 - 12:15 pm

\$5 per session

Dr Rod LeBlanc

rod@lifelonghealth.ca

Note: Extra copies of the Activities List are available from the Greeter's desk. Please check for any changes that may have taken place.

Getting up. Getting Down.

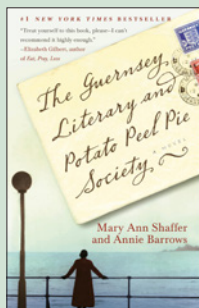
Have you lost the ability to get up and down off the floor with ease? Would you like to learn a safe, comfortable and efficient way to get back on your feet? If so, you can book a free session with yoga teacher **Jane Loney**. There will be only 3 students per class so your particular physical challenges can be addressed.



The classes will be held in the lounge at 1:30pm on Tuesdays starting February 3. Call Jane at (250) 228-1157 to reserve a spot.

The **Book Club** meets the first Wednesday of each month. Two well regarded historical fiction books are on our upcoming reading roster.

For February its *The Briar Club* where we find ourselves in Washington DC in the 1950's and immersed in racism, communism and feminism!



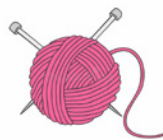
In March, *The Guernsey Literary and Potato Peel Pie Society*, transports us to the Channel Islands during WWII.

As we continue with a full club membership at the moment, please contact [Gail @ xgail.smith@gmail.com](mailto:Gail@xgail.smith@gmail.com) if

you wish to be on our waiting list.

Reading gives us someplace to go when we have to stay in one place ~ Mason Cooley

Knitting/Crochet for Manna Homeless Society



We would appreciate any donations of yarn as our supply is quite low. Donations can be dropped off at the front desk.

We have been busy. So far this month we have dropped off to Manna 21 toques, 1 scarf, 1 pair socks and 5 blankets. Thanks to everyone who has contributed these items.

We will continue with dishcloth sales available at the front desk. Like most things costs are up and items are smaller so we have had to increase the cost to **\$3 each** or **\$5 for 2**.



The **Bradley Centre** had a **Burns Night** on January 23rd and some of our members attended. A gentleman piped in the haggis and John Beaton gave the address to the haggis. We had a delicious meal! The young dancers entertained us as did the Scottish Country dancers. Then we were invited up to try our hand at a few Scottish dances! We had a great evening!!



West Coast Swing Break Out – February 2026

Join in every Thursday at The Centre from 5:00–6:30pm for our West Coast Swing Break Out!

Why you'll love it:

- ▶ Perfect for all levels – from brand-new beginners to seasoned dancers.
- ▶ Each week builds your confidence with basic patterns while introducing a new move for those ready to level up.
- ▶ No partner required – just bring your enthusiasm!
- ▶ Great exercise, lively music, and the joy of dancing with friendly faces.

By the end of these sessions, you'll have the skills, rhythm, and confidence to step onto any West Coast Swing dance floor – anywhere in the world!

Don't just listen to the music... dance to it! Come out, learn something new, meet wonderful people, and most importantly – have FUN, FUN, FUN!

Come dance, laugh, and enjoy the rhythm of West Coast Swing!

Information available from Judy Palipowski:
judyipalipowski@gmail.com ph 250-752-6837



What's Cookin'?



MONDAY LUNCH

BRENDA'S QUICHE with Brenda & Helen



WEDNESDAY LUNCH

2nd & 4th – Roz & Margaret
SHEPHERD'S PIE



THURSDAY LUNCH - 2nd & 4th

Cathy & Brenda's
CREAMY CLAM CHOWDER



TUESDAY FEBRUARY 3 & 17

Leslie's fresh baked **CINNAMON BUNS** are a favourite with all. **Only \$1.50 and one per person – no take out.**



FEBRUARY 21 – Bill & Verdelle's

CHILI with Corn Meal Muffin



Greetings from the Cookie Cutters

It's kind of nice settling into cozy winter weather after a busy Christmas season. Starting to dream about warmer temperatures but in the meantime, it's perfect baking weather!

Give me a call / text at 604-379-0290 or email me at charles.brenda@me.com for more information. I'm also in the kitchen the second and fourth Thursday morning.

Here's a quick and easy recipe for scones. Tasty and low fat. I'm still getting over all the Christmas cookies!

Cranberry-Orange Scones

Ingredients

- 2 cups all purpose flour
- 1/3 cup packed brown sugar
- 2 teaspoons baking powder
- 3/4 teaspoon baking soda



- 1/2 teaspoon salt
- 1 cup + 2 tablespoons buttermilk
- 1/3 cup sweetened dried cranberries
- 2 tablespoons butter, melted
- 2 teaspoons grated orange zest
- 1/2 teaspoon vanilla
- 1 egg

Method

Preheat oven to 400°F. Spray a large baking sheet with non stock spray or use parchment paper.

In a large bowl, combine flour, brown sugar, baking powder, baking soda and salt. Set aside.

In a medium bowl, whisk together buttermilk, cranberries, butter, orange zest and vanilla. Add wet ingredients to



dry ingredients and stir until a soft dough is formed. Turn dough onto a lightly floured surface and decide into 2 pieces. Shape each piece into a ball and roll or pat out to 3/4" circles, about 6" in diameter. Transfer dough to baking sheet. Using a sharp knife, cut each circle in to 6 wedges. Do not separate them.

To make glaze, lightly beat egg and 1 tablespoon water in a small bowl (you won't use all of it). Brush glaze lightly over top of dough. Bake for 15 - 17 minutes, until scones are puffed up and golden.

Upcoming Events



Paula Kalsi | Barbara Davidson

Seafood Dinner & Dancing

Saturday, February 7

Doors open at 5 pm

Dinner will include smoked salmon, crab cakes, fried salmon with salad, garlic bread and dessert.

SOLD OUT



Musical Entertainment by The Ramblers.

- Door prizes
- Cash Bar

\$20 pp



Saturday, March 7

Doors open at 5 pm

- Dinner, dessert, tea/coffee, pop
- Cash bar
- Prizes

\$20 pp

A sign-up Sheet will be posted at the Centre on February 10



St. Patrick's Day Dinner at the Shady Rest Restaurant

Saturday, March 21

- Bangers and mash, vegetables & dessert
- Tea, coffee or pop
- Door prizes
- Live Music by Fan Fare

\$26 pp

includes tax and gratuity



A Sign-up Sheet will be posted at the Centre on Tuesday February 17.

Mulligatawny Soup Barbara Davidson

Ingredients

- 1 cup chopped onion
- 4 stalks celery, chopped
- 2 carrot, diced
- 1/2 cup butter
- 3 tablespoons all-purpose flour
- 3 teaspoons curry powder
- 8 cups vegetable broth
- 1/2 cup white rice
- 1 skinless, boneless chicken breast half - cut into cubes
- ground black pepper to taste
- 1 pinch dried thyme
- 1 cup heavy cream

Method

Melt butter in a large soup pot over medium heat. Add onions, celery, and carrot and sauté until soft, 5 to 7 minutes. Add flour and curry, and cook 5 more minutes, stirring frequently.

Add broth, mix well, and bring to a boil. Reduce heat and simmer for about 30 minutes. Add apple, rice, chicken, thyme, salt, and pepper. Simmer until rice is tender, 15 to 20 minutes. Just before serving, stir in hot cream.



- ♥ When do bed bugs fall in love? In the spring.
- ♥ What did the paper clip say to the magnet on Valentine's Day? I find you very attractive!
- ♥ Why did the boy bring a ladder to his girlfriend's house on Valentine's Day? Because he heard the stakes were high!
- ♥ Where do all the hamburgers take their dates on Valentine's Day? The meat ball.
- ♥ Why did the skeleton break up with his girlfriend before Valentine's Day? Because he didn't have the guts to ask her out!
- ♥ What did the bacon say to the tomato on Valentine's Day? Lettuce be together!
- ♥ Why was the math book sad on Valentine's Day? Because it had too many problems!
- ♥ What did the pickle say to its Valentine? You mean a great dill to me!
- ♥ Why did the boy bring a broom to his Valentine's Day date? Because he wanted to sweep her off her feet!
- ♥ What did the chef give to his wife on Valentine's Day? A hug and a quiche.

Travel Talk

Check the website qbseniors.com for updates on the trips that are being planned



Cindy Crawford



BC AVIATION MUSEUM Sidney BC

THURSDAY, FEBRUARY 26

\$75 per person – limited to 35 members

Enjoy a trip back in time with 40 aircraft on display at the BC Aviation Museum.

Included:

- Return bus transportation
- Admission plus a two-hour guided tour at the Museum

Lunch at *Mary's Blue Moon Café* (at member's expense)

Book and pay by Monday February 16. Payment by cash or cheque payable to *Qualicum Beach Seniors Centre*. Place payment in envelopes provided and drop in the Travel Box by the Office.

LES MISERABLES *Presented by Broadway Across Canada*

THURSDAY, MARCH 19 *Queen Elizabeth Theatre, Vancouver*

\$329 per person

Included:

- Return bus and ferry transportation from Qualicum Beach to Vancouver
- 2 pm matinee performance

Book and pay by Friday February 20 (non-refundable). Payment by cheque payable to *Island Fever Travel*. Place in envelopes provided and drop in the Travel Box by the Office.

Trip is shared with Campbell River guests. A MINIMUM OF 20 QUALICUM BEACH MEMBERS ARE REQUIRED TO SIGN UP.

Please note seats are available through public sites with pricing at \$300+ per person.



SUNDAY, MAY 31 *Queen Elizabeth Theatre, Vancouver*

\$349 per person

Set on a Greek Island, Mamma Mia is a feel good musical that tells the story of a young bride to be who secretly invited three men from her mother's past to the wedding. ABBA music weaves a tale of love, laughter and friendship.

Included:

- Return bus & ferry transportation and 2 pm matinee performance

Book and pay by Friday April 30 (non-refundable). Payment by cheque payable to *Island Fever Travel*. Place in envelopes provided and drop in the Travel Box by the Office.

Trip is shared with Campbell River guests. A MINIMUM OF 20 QUALICUM BEACH MEMBERS ARE REQUIRED TO SIGN UP.

Please note seats are available through public sites with pricing at \$300+ per person.



10-day Eastern Newfoundland & St. Pierre Tour

AUGUST 8 to 18

\$6899 pp double | \$7899 pp single

Included:

- Return Flights from Comox to St. John's, Newfoundland
- Pre-night hotel before tour
- McCarthy's Party – Local Newfoundland Guide
- Welcome Reception
- 10 nights accommodation; 6 breakfasts, 6 lunches, 6 dinners
- Entrance to Historic Sites and Museums
- Visits to Admiral's Coast, Conception Bay & Ferryland
- Boat tour in Bay Bulls (weather permitting)
- Visit to the French Islands of Saint Pierre

Non-refundable deposit of \$1000 at time of booking; payable to Square 1 Travel. Balance due June 8, 2026.

Contact Square 1 Travel directly to book (250) 334-0355.



- ☞ We never really grow up – we only learn how to act in public.
- ☞ War does not determine who is right, only who is left.
- ☞ Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- ☞ To steal ideas from one person is plagiarism. To steal from many is research.

Do you enjoy connecting with people? Want to contribute to your community? Statistics Canada is hiring for the **2026 Census**. These positions offer meaningful work that helps shape the future of communities across Canada. Apply now: census.gc.ca/jobs

CENSUS JOBS

Statistics Canada is hiring for the 2026 Census!

Pay is \$25.87/hr for non-supervisory positions and \$31.32/hr for supervisory positions



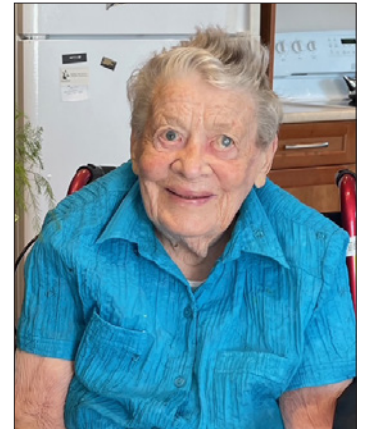
Apply today at
census.gc.ca/jobs



IN LOVING Memory

Yula Gall (nee McQueen) was born in Grenfell, SK on July 19, 1920 and passed away peacefully on December 13, 2025 in Qualicum Beach at the incredible age of 105!

Yula loved playing cards and spent many hours at the Qualicum Beach Seniors' Centre playing whist. She was always up for a game of crib or canasta. Yula also loved to knit and crochet; she thoroughly enjoyed her knitting groups over the years. Several members of the Senior's Centre recalled Yula showing them how to do some intricate patterns. Yula liked to tell stories and even though you might have heard it more than once, there was usually a new detail to make them entertaining!



Yula felt she was very lucky to remain living in her own home until her passing. This would not have been possible without her amazing care team. Ann McVey, was not only a landlord, but also a wonderful friend who helped care for Yula over the past 10+ years. A huge thank you to Yula's current and past caregivers for all they have done over the past 8 years to allow Yula to have the best quality of life and to allow her to keep her independence until nearly the end.

As per Yula's wishes, there will be no funeral, and her ashes will be scattered in the Qualicum Beach Scattering Garden.

WELCOME NEW MEMBERS

Janet Alexander	Natalie Gauvreau	Sheila MacLean
Ron Alexander	Pat Gauvreau	Lynn MacLean
Marg Bennett	Jerry Gosling	Elizabeth Marsland
Eileen Bergman	Bret Gwaltney	Birgitta Mick
Sally Blake	Jeannie Heyes	Elaine McDonald
Deb Bresse	Jennifer Hewitt	Bradley Nychyporuk
Brenda Bruce	Janette Hooper	Carolyn Parry
Ann Cameron	Kethy Kirkwood	Ken Richardson
Jim Cameron	Keith Kelsch	Christina Thorsell
Alison Chilton	Doug Knowles	Fred Thorsell
Dini Cobb	Jan Lampman	Mieke Vander Valk
Meghan Earley	Graham Lenton	Shirley Wilson
Tony Elvin	Sue Lenton	Ken Witala
Mic Fazio	Jeff Madsen	

MEMBERSHIP REPORT

For the month of January there were an additional **40** new Members and 18 renewals.

Year to date (2025-2026) as of January 31, 2026

967 Total members, made up of:

- 607 renewals
- 232 new
- 109 Complimentary (90 years old or over)
- 18 Life members
- 1 Honorary



- ☞ I used to be indecisive, but now I'm not so sure.
- ☞ I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

PROBLEMS with your ELECTRONIC DEVICES?

Call the TECHNOLOGY TUTOR!

Brian Collicott

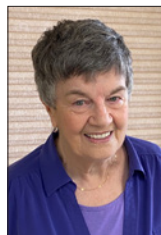
250 947-8258

To book an appointment,
contact the OBLT Technology
Learning Centre at tlc@sd69.bc.ca



Every Thursday 1:30 to 3:30 pm in the Lounge

The Sunshine Lady



Do you know of someone who may be feeling ill – in hospital – or grieving?

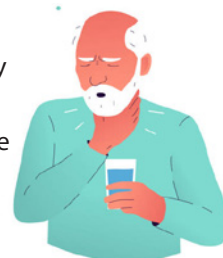
Be sure to contact **Jeri Burke**, the Centre's Sunshine Lady at **250-752-9320**.

Jeri would be happy to brighten their day!



Not feeling well?

Just to remind to folks that may have a cough and /or are not feeling well please do not come to the Centre until you are feeling better.



Let's play it safe. Thank you!

BOARD OF DIRECTORS 2025-2026



President	Rob Duncan	236-544-0021
Vice President	Paula Kalsi	250-738-6020
Secretary	Bonnie Evoy	250-248-7691
Treasurer	Sandi Grant	778-987-2472
Past President	Lorne Tetarenko ..	250-951-9050

DIRECTORS

Events	Paula Kalsi	250 738-6020
Facilities	Geoff Rigby	250-594-5411
Kitchen	Leslie Kleven	250-240-5479
Membership	Anne Sharp	250-752-9771
Technology	Barbara Davidson ..	250-752-6770
Travel	Cynthia Crawford ..	250-594-7701

AFFILIATES

Activities	Anne Driesbach ...	604 679-1703
History	Ann Svensen	250-752-5537
Kitchen Volunteers..	Jan Desjardins	250 686-0348
Newsletter	Karen Garland	250-589-5059
Sunshine	Jeri Burke	250-752-9320
Welcome Desk ...	Jeri Burke	250-752-9320

*The deadline for submissions for the **March** Newsletter is Thursday, February 26
Email: kkgarland22@gmail.com*